

confines of said core plate, the total volume of all recesses in said core plate amounting to not more than about 80% of the total volume of said core plate.

7. The soundboard according to claim 6 wherein the total volume of recesses in said core plate amounts to between about 20% and 45% of the total volume of said core plate.

8. The soundboard according to claim 6 wherein said at least one recess in said core plate extends through the entire thickness of said core plate.

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9. The soundboard according to claim 6 wherein at least one recess in said core plate has a depth less than the thickness of said core plate.

10. The soundboard according to claim 6 wherein said core plate is composed of multiple layers of material overlying one another and wherein said at least one recess extends through fewer than all of said layers.

11. The soundboard according to claim 6 wherein selected areas of said core plate have different thicknesses.

12. The soundboard according to claim 6 wherein said fibre laminate is a single layer and the fibres embedded therein extended in multiple directions.

13. The soundboard according to claim 6 including a second said fibre laminate overlying and adhered to the other of said faces of said core plate.

14. The soundboard according to claim 13 including a solid layer of material overlying the exterior of each said fibre laminate.

15. The soundboard according to claim 6 including a

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solid layer of material overlying the exterior of said at  
least one fibre laminate.

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